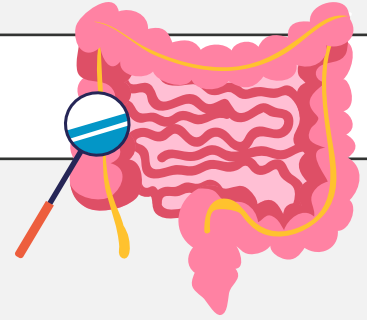


Colorectal Basics

What you need to know about the third most common cancer in men and women in the U.S.



♂ 1 in 23

Men will develop colorectal cancer in their lifetime.

♀ 1 in 25

Women will develop colorectal cancer in their lifetime.

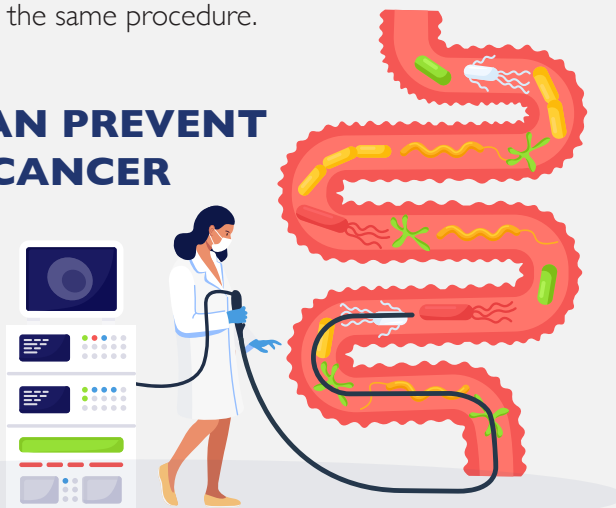
95%

of men and women diagnosed with colorectal cancer **do not have any family history** of the disease.

The **Colonoscopy** is considered the **gold standard** of colorectal cancer screening methods for its ability to view the entire colon and both detect and remove polyps during the same procedure.

SCREENING CAN PREVENT COLORECTAL CANCER

precancerous growths, as well as detect cancer at an early stage, when treatment is usually **less extensive and more successful**.



EARLY-STAGE COLORECTAL CANCER

typically does not have symptoms, which is why **screening is usually necessary to detect this cancer early**. Screening starts at age 45 for men and women.

The most common symptom of colorectal cancer is **NO symptom at all** which is why screening is so important.

8 SYMPTOMS TO HAVE CHECKED:

- ✓ Rectal bleeding
- ✓ Blood in the stool
- ✓ A change in bowel habits (constipation or diarrhea) or stool shape (e.g., narrower than usual)
- ✓ The feeling that the bowel is not completely empty
- ✓ Abdominal cramping or pain
- ✓ Decreased appetite
- ✓ Unintended weight loss
- ✓ Weakness and fatigue

RISK FACTORS YOU CAN CONTROL:



Excess
body weight



Physical inactivity



High consumption
of red or processed
meat



Long-term
smoking



Low intake
of calcium



Heavy
consumption
of alcohol



Very low intake
of fruits and vegetables
and whole-grain fiber

Source: https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm